Spartanburg Regional Ida Thompson Child Development Program
Menu for Week One

Day	Morning Snack	Breakfast	Lunch	Afternoon Snack	Dinner
Monday	Goldfish Water	Cheese Grits Orange – (1/2) (Mandarin Oranges – Inf/Tod) Milk	Ground Beef Stroganoff HM Carrots & Broccoli Brown Rice (WGR) Whole Wheat Roll (WGR) Diced Peaches Milk	Turkey Slice Ritz Crackers Milk	Macaroni & Cheese with ham Turnip Greens Sautéed Squash Cornbread Fruit Milk
Tuesday	Wheat Captain's Wafers Water	Wheat Bran Flakes (WGR) Diced Peaches Milk	Baked Fish Filet Sweet Potato Fries Green beans Cornbread Diced Pears Milk	Goldfish Crackers Apples (Applesauce – Inf/Tod) Water	Ground Beef Stroganoff Carrots & Broccoli Rice Cornbread Fruit Milk
Wednesday	Ritz Crackers Water	Biscuits Crushed Pineapple Milk	Baked Chicken Legs Mashed Potatoes w/ Gravy Diced Carrots Whole Wheat Roll (WGR) Apple Sauce Milk	Yogurt Bananas Water	Baked Fish Filet Sweet Potato Fries Green Beans Roll Fruit Milk
Thursday	Oyster Crackers Water	Cheese Toast (WGR) (Whole Wheat) Pears Milk	Tuna Salad HM Whole Wheat Bread (WGR) Tossed Salad (Mixed Greens) w/ Ranch dressing Diced Tomato Peas Fruit Cocktail Milk	Blueberry Muffin Milk	Baked Chicken Legs Mashed Potatoes w/ Gravy Diced Carrots Whole Wheat Roll Fruit Milk
Friday	Rice Chex Water	Oatmeal (WGR) (w/ cinnamon sugar) Bananas Milk	Meatloaf HM Black-eyed Peas Diced Beets Whole Wheat Roll (WGR) Crushed Pineapple Milk	Wheat Crackers Cheese Orange Juice Milk (Infants)	Tuna Salad HM Whole Grain Bread (WGR) Tossed Salad (Mixed Greens) w/ Ranch dressing Peas Fruit Milk

All Meals are served with Milk, Water or 100% Fruit Juice. No Juice for Infants under 1yr
1% milk served to children 2 and over. Whole Milk is served to children12-23 months. Milk served to all ages is unflavored
WGR=Whole Grain Rich   HM= Homemade
Substitutions are made for appropriate age group, allergies and some special dietary needs.
Parents: This menu is subject to change without notice due to deliveries and emergencies.
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